

UNITY DAILY WORD

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*Revealing to You
Your Health, Prosperity, and
Happiness*

October, 1929

"The Eleventh Commandment"

"From Glory to Glory"

"Why Friendship Must Endure"

A Page of Inspiration for Each Day

SILENT UNITY CLASS THOUGHTS

September 20 to October 19

I am willing that God's will be done in me and in all my affairs.

It is not God's will that I be sick. God's will for me is health, and I am filled and thrilled with vigor, strength, and health.

It is not God's will that I lack any good thing. In the confidence that God is my unfailing supply and support I am secure in my prosperity.

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UNITY DAILY WORD

A little companion that daily will direct your steps to the sun-tipped heights in whose glory you will behold the son of God, for such you are.

Nonsectarian. Published monthly.

F. B. WHITNEY, *Editor*

Editorial suggestions and comments may be addressed to Editor of *Unity Daily Word*, % Unity School of Christianity, 917 Tracy, Kansas City, Mo.

COUNT YOUR BLESSINGS

By HARRIET HAWLEY LOCHER

Count your blessings every day;
Count them as you go your way
Through the busy paths of life;
Count them in the midst of strife—
Sunshine, flowers, and cloudless sky
Count, and then forget to sigh.
Count the child that smiles at you;
Count the will you have to do;
Count, and thank the God above
For the blessings of His love.

PERCEPTION

By VIVIAN YEISER LARAMORE

Because they look for glory
My eyes are never weak;
They find in all directions
The loveliness they seek.

Beholding God's perfection
In manifold design,
They are the eyes of Spirit
And cannot know decline.

They are the true perception
That only wisdom buys,
The light within the temple—
My God-beholding eyes.

“FROM GLORY TO GLORY”

By LILLIAN DEWATERS

AFTER a person has caught a glimpse of the finished kingdom, a new language awaits him, a new tongue. Many words now take on a new meaning: for instance, the word *health*. One used to think of health as something attached to the body, identified with it. If one said that a person were healthy, it would be understood that the body was strong and well. But we see now that health is something universal, like freedom and joy. One who has spiritual perception sees that health is on the mountain top or under the ocean quite as much as in the body.

Health is in the air, in the sky, in the earth, everywhere, unlimited, universal, omnipresent like the sunshine, like the fact that two and two are four. Health has no more to do with hands and feet than the fact that two and two are four has to do with them. Health is a fact of life! Health is an indivisible, universal presence not in anything, but comprehending all things. This word *health* can be placed with words like *infinity, eternity, freedom, life, love, peace, and power*. As a person turns his gaze from shadows and darkness to vision a perfect universe, to behold a living Christ, to believe in goodness and abundance and joy and health as universal substance like the air, he begins to feel something of the great presence of Truth, he begins to sense immortality.

“Not by might, nor by power, but by my

Spirit, saith Jehovah of hosts." Now, the Spirit of the Lord is that one is a perfect, ideal being. The Spirit of the Lord is that health is being. Spirit is the fact that "the desert shall rejoice, and blossom as the rose . . . the eyes of the blind shall be opened, and the ears of the deaf shall be unstopped . . . the lame man [shall] leap . . . and the tongue of the dumb shall sing." Spirit is the fact that the mountain of ignorance shall move into the sea, that the wilderness of doubt shall break forth into streams of living faith, that the ransomed of the Lord shall rejoice, and the dead shall come forth alive.

Spirit is the fact that there is no division, no limitation, no attachment in being. Spirit is the fact that there is no stopping place for life, no boundary to health, no terminus for joy, laughter, delight, ecstasy. Spirit is the fact that you are living *now* and that this life will never cease for one instant to *be*; that you are a being of intelligence, power, glory, without end; that you are divine, eternal, irresistible soul, self, Truth.

It is as if God said to us: "You are My infinite Self. All that I am, you are. All that is Mine is also thine. You are immortal being including immortal form. Your form is My idea made visible. As Soul is eternal so also is body eternal. Body expresses eternal, perfect self-existence."

Let us expand our vision. God is limitless, infinite, in everything. God shining in the star,

sparkling in the water, blooming in the rose, ascending in the bird, seeing, hearing, feeling, expressing in all life and being. God in the small, God in the great. God in heaven, God in hell, God in angels, God in men. God is one being, one self, *one All*. God is the indescribable, the unspeakable, the incomparable.

"Cast your care upon Me," speaks the voice of Spirit. Quickening, inspiration, is the radiance of the Holy Spirit instantly forgiving your sins, your mistakes, and placing your body under heavenly law. Miracles attend the coming of the Christ. He is still preaching the gospel and healing the sick, still casting out devils and raising the dead. Never doubt that you, too, will have your hour of fulfillment, your crown of rejoicing.

Surely there is a power irresistible, able to do all things. Able is this power to lift the yoke off your neck. Able is this power to sweep the pain out of your mind and the sickness away from your body. Let those of us who are seeing and feeling this light bring it to other hearts longing and waiting for its arrival. The presence of the living Christ is sweeping this universe, making Him known, seen, felt, hour by hour, ushering in the Golden Age wherein are boundless freedom, indescribable splendor, irresistible love, and transcendent glory.

All that there is to you belongs to God, the One. As soon as a person begins to think that he has a mind of his own or a body of his

own, a mind or a body separate from the One inclusive, he is wandering from the basis of oneness and allness. You are not divided into a soul and a mind and a body. The body is the means through which soul, being, brings itself into expression, action. Body is as imperishable, undefilable, indestructible, everlasting, eternal as being, for *being and body are one*. We are being, action, form. We cannot be separated, divided, disunited. Creator, creating, and creation: one unit.

Let all sense of division, separateness, depart from thought. We are not trying to unite God and man, or soul and body, for clear vision reports that God and man, soul and body, cause and effect, life and form, are *one*, now, always, and forever. The Christ stands in our midst, saying, "Peace, be still!"

Let us accept His recognition of Himself as our recognition of ourselves. Let us believe that His identity is our identity, that His oneness is our oneness. "And the glory which thou hast given me I have given unto them; that they may be one, even as we *are one*."

Every hour earth is taking on more of the glory of heaven and from glory to glory we press forward until finally we awake in His likeness, awake to find ourselves like Him. Deserts are becoming fertile, valleys are blossoming forth; cities, countries, nations are daily uniting in thought, peace, and power. We are facing the seventh angel, the day of fulfillment and rest.

THE ELEVENTH COMMANDMENT

 **F**YOU were writing an addition to the decalogue of Moses, what would you write? Possibly you think that there are enough things that "thou shalt not" do and you would make the eleventh commandment more positive. If you happened to live in an environment where there were a great number of thou-shalt-nots we are sure that you would be positive in framing your eleventh commandment.

Centuries and centuries ago the One who understood the human heart and human needs better than any one else who had ever lived on this earth had in mind the need of a new commandment when He said, "A new commandment I give unto you, that ye love one another." If we love God and our fellow man we shall not kill, steal, or lie. The new commandment, stated in its loving and positive fashion, is like a rebuke to the negativeness of the others. "Love therefore is the fulfilment of the law."

We can analyze any of the ten commandments and find that love is the solution to all the problems involved in the subject covered by it. In fact, love puts an end to the necessity for all the little thou-shalt-nots that prevail in homes, offices, and public places. Where there is consideration of others, there is love and there is no need for thou-shalt-nots.

Quite often home life is disrupted and co-operation in the office is lacking because there are too many rules, laws, and prohibitions.

Many a head of the house treats his family as prisoners and they have no sense of personal freedom. Maintaining such a relation to his family, he imagines that he is a patriarch, a lawmaker, a Moses. For his household, such a domestic Moses usually makes laws that in no wise interfere with his own personal pleasures, and saddles upon relatives and wards rules that tend to enslave them to his own personal views of conduct. "Woe also to you expounders of the Law!" replied Jesus, "for you load men with cumbrous burdens which you yourself will not touch with one of your fingers."

These "expounders of the Law" are often encouraged in their unjust lawmaking by those who fall into a certain mesmerism of blind obedience. Not knowing Truth and being ignorant of their inherent freedom, they become enslaved to those who set themselves up as capable of writing the thou-shalt-nots of the household. "Not knowing God, ye were in bondage to them that by nature are no gods."

If the domestic lawmaker has love in his heart, then there is justice in his law. If the employer has love within him, then the rules of his office are not considered thou-shalt-nots but simply agreements by which the whole office force, working to one definite end, may coöperate best in loving service.

Since love is our new commandment and is given us as the fulfillment of all the laws under which we find ourselves, then we must expect

love, not personal rebellion, to deliver us from any bondage to law. The juvenile in the home or the subordinate in the office is not in position to be a lawbreaker. The lesson of obedience which this or that person must learn is almost as important as the lesson of love.

The person who finds himself chafing under a thou-shalt-not cannot easily extricate himself from such a position simply by rebellion and by breaking the law. The same love that will prove to be his deliverance from unjust law must first show itself in willingness to obey and to coöperate. Laws and rules are irksome only to the person who resists them. They seemingly do not exist to the one who works in harmony with them. Possibly he has discovered that his own consciousness of love has found love to be inherent to some extent in the law.

There are no thou-shalt-nots to the person who lives in a consciousness of love. His love eventually delivers him from law. There may be several steps necessary before arriving at freedom and deliverance, but each step must be one taken in love. Those who live in homes under the spell of burdensome thou-shalt-nots must realize that, through love, justice and freedom are at hand. Love must not be inactive or slow in working out such problems. Years and years should not be spent in imprisonment under unjust laws. Love is speedy and thorough in its work.

A great number of the patients who consult

psychoanalysts and metaphysical healers are those who are held in bondage to others. There are wives bound to cruel laws of husbands, grown children subjected to domestic rules that interfere with individuality and self-expression, laws and rules that will eventually become powerless when love operates.

Before you decide to break a rule of your household, be sure that all inner resistance or all sense of a lack of coöperation is removed from your heart. The new commandment of love may prove to be a source of more unhappiness than the little prohibitory commandments of your household if you do not use it with love. If you are more concerned with overstepping the law than you are in establishing love, justice, and freedom, your eleventh commandment will become more burdensome than the other ten.

A woman recently wrote to the writer: "My husband will not let us tune in the radio after 9:30 at night, will not let us have dinner guests on Sunday, will not let our son use the car on Sunday mornings, will not let our daughter bob her hair, will not let any of us discuss Unity before him, or let my mother visit us longer than a week." Love alone can break down such tyranny. The Moses of the old dispensation must be transformed into the loving Christ of the new. Such a lawmaker probably would be the first to rebel against complying with rules that interfered in similar degree with his own happiness.

ONLY TRUST HIM

If you find the door is closing to the work you've
hoped to do,
Do not, then, complain and murmur; seek an-
other avenue.
Do not blame a fellow traveler for the closing
of the door;
Look around for other openings: God is going
on before.

If He gives the work you wanted to another one
than you,
Do not sit in vain repining, criticizing, feeling
blue;
He has something better for you than the work
you thought was yours;
Better trust Him, brother, trust Him, though
He closes all your doors.

If His hand in wisdom closes every avenue
there is
To the service you would render, don't forget
the work is His.
Do not fret, and lose your patience, if He bids
you sit and wait;
In His own kind, loving manner, He will ope
another gate.

If He shuts you up to silence, and to folding of
the hands,
It may be that, in His furnace, He is burning
off your bands;
And when all your gold is molten in His crucible
of flame,
He will lead you into service that will glorify
His name. —W. R. Elliott.

TUESDAY, OCTOBER 1

Today's Word of Power: I am delivered from all sense of bondage, because my indwelling Spirit assures me that I am free in all my ways.

UNLESS YOU know the truth of your being you may be inclined to entertain many beliefs in your mental imprisonment. You may feel that you are closed in on every side unless you rid yourself of subconscious beliefs in mental and physical bondage. You might be surprised to know to what extent you limit yourself because of beliefs that you are not free to exercise your God-given freedom.

"But," you say, "there are many things in my life that keep me from being perfectly free." Yes, but those things have been empowered to limit you by your belief that they can do so. You have fallen into the rut of believing in your own bondage. You believe that it is natural for you to be bound by traditions and manmade beliefs. Begin now to analyze these beliefs and see how ridiculous it is to give them power over you.

The Spirit of Christ at the heart of your being is the Spirit of truth that is now making you perfectly free.

If therefore the Son shall make you free, ye shall be free indeed.—John 8:36.

WEDNESDAY, OCTOBER 2

TODAY'S Word of Power: *I give up all anxious thought, resting in the assurance that God is now bringing great good to pass in all my affairs.*

THROW OFF anxiety! Cease to think of persons, things, or circumstances as having power to make you anxious. Do not let things of the external world disturb the tranquillity of your inner life.

Yield your anxious thoughts to the Spirit of truth that is now demanding that you accept joy, faith, and Truth in place of anxiety, ignorance, and depression. Substitute loving trust for anxiety. Instead of thinking anxious thoughts, think thoughts of peace, faith, and confident assurance.

If conditions are unsettled in your life, do not be disturbed. Instead of viewing the situation with alarm, look at the change as being one for good. If you are established in Truth, all changes must be changes that bring you better conditions. Do not be alarmed because something new and different has appeared on the horizon. Just lift your heart heavenward in prayer, knowing full well that great good is now being manifested in your affairs.

Confidently trusting your indwelling Spirit in all things, you are forever free from worry.

Be not therefore anxious for the morrow.
—Matt. 6:34.

THURSDAY, OCTOBER 3

Today's Word of Power: *Everything that appears in my life has back of it some blessing, and everything that comes to me must yield its measure of blessing.*

HIF ALL the blessings that came to us were labeled "blessings" we might never have any pleasant surprises. How often that which has appeared to be a misfortune has been transformed into a blessing! Many times the thing that seems to bring adversity becomes a thing of joy when viewed through eyes of Spirit and beheld through the consciousness of Truth.

If something that appears to have a forbidding aspect looms large on your horizon, view it with eyes of Spirit. Do not be frightened by the shadow, which may be but that of your ship coming in.

Do you want your blessings to increase? Then do not fail to recognize them. Their number depends upon the number that you find in your life. If you would have more blessings, then discover more of them. They may not be discernible at present, but when your search begins they will appear.

Bless every good that comes to you. Do not fail to show your appreciation of every good thing that comes your way. Blessings are almost human: they like to be appreciated.

Destroy it not, for a blessing is in it.—Isa. 65:8.

FRIDAY, OCTOBER 4

Today's Word of Power: *My eyes are strong and clear and through them I see the perfection of all things in Truth.*

XOUR PHYSICAL eyes are the outward and visible representation of your inward and spiritual sense of seeing. You can understand that as your spiritual eyes are opened through the light of Truth your outer or physical eyes are clarified. Our clearing the mental vision clears the physical vision also.

If you would have strong eyes do not strain them. Do not think that you have to try hard in order to see. Instead of staring, look peacefully and easily at the things you want to see. Let Spirit within you assume the difficulty if there is to be one.

As soon as your spiritual vision is opened, your physical eyes will be relieved of some of the burdens you have imposed upon them. You will seem to have lost the ability to see things in an adverse or limited sense. Evil will disappear from your world and you will not have to look at it. You will begin to see the world of good, the world of perfection, God's world of reality.

Looking through eyes of Spirit you are looking heavenward.

The eyes of them that see shall not be dim.
—Isa. 32:3.

SATURDAY, OCTOBER 5

Today's Word of Power: *When I am poised in the Spirit of courage at the center of my being, persons and things cannot discourage me. In Truth I am now courageous.*

DISCOURAGEMENT cannot come to the person who knows the truth of his oneness with Spirit at the heart of his being. Persons, things, and events cannot discourage one who has this inner realization.

If you are inclined to become discouraged, you should realize the truth about the situation that appears to discourage you. You should know that the things that seem to make you dejected and disheartened do so only when you are not conscious of your power over them. When things of the world seem to you to have more power over you and your life than you have over them, you become depressed.

How can you ever be discouraged, now that you know Truth? How can you think of things of the world as having power to discourage you? The courage, fearlessness, and strength of Spirit at the very center of your being are mighty to manifest in you in a way that will cause things of the outer world to pale into insignificance.

Your ability to call forth courage is unlimited, and nothing can withstand its power.

Be ye of good courage.—*Num. 13:20.*

SUNDAY, OCTOBER 6

Today's Word of Power: *Forgetting self, I inspire those about me to rise to the consciousness of their innate Christhood.*

HROUGH the unity that joins all persons in the universe we have a great desire to inspire and to help those about us. Having found the Truth that delivers us from adversity, we have an overwhelming desire to share it with them. We would have them arise and advance with us that they, too, may partake of the glories of heaven.

As a person rises above selfishness he feels the strength of the bonds of unity and love that bind him to others. He must give up all desire to try to direct their thoughts and lives personally. If he would be his brother's keeper he must not attempt to be his jailer also.

We can inspire those about us by ceasing to bring up their shortcomings and by calling forth the good that is within them. We can help them to rise out of negative and adverse conditions by sharing with them those thoughts of Truth which cause them to awake, arise, and ascend.

In the consciousness of unity we are imbued with the right thoughts to share with others, the very thoughts necessary for their ongoing.

And I, if I be lifted up from the earth, will draw all men unto myself.—John 12:32.

MONDAY, OCTOBER 7

Today's Word of Power: *In Spirit I am justly dealt with at all times, and I rejoice to be just in my dealings with others.*

DO YOUR part in helping to establish justice in the world. Seek to understand how justly Spirit deals with you under all circumstances. Think of every appearance of injustice as but serving to direct your attention to divine justice.

Knowing the power of divine justice, you must exercise care that you do not think of injustice as having power over you. Belief in injustice would tend to weaken your consciousness of absolute justice. If you think that man can be unjustly dealt with and you deal unjustly with another, you make a law of limitation for yourself.

In the face of any appearance of injustice lift your vision to the perfect justice of God. Behold justice as manifesting itself even at a time when you would be tempted to look upon the appearance of injustice.

As the human race rises out of selfishness, all injustice will cease to exist. As man learns that he cannot advance through another person's misfortune he will no longer care to deal unjustly with any one. When he gains the true consciousness of justice, it will prevail.

Execute the judgment of truth and peace in your gates.—*Zech. 8:16.*

TUESDAY, OCTOBER 8

Today's Word of Power: I do not think of evil as having power or place in my life. God, the good, completely fills my life with His presence.

 **E**VIL IS the fictitious opposite to God, the good. Man living in a world of contrasts supposes God, the all-powerful One, to have an opposite. When anything appears in his life which seems unlike the good, he is inclined to think of it as coming from a source opposite to God.

Think of evil as something only to the extent that it is to be corrected in your thought. The thing that you perceive as evil can be appreciated or perceived only to the extent that your thought has been educated to believe in it. If your consciousness of good were strong enough, you would discover that God, the good, is in Truth all that there is. You would find that evil could not exist in your world. When you gain the high spiritual vision in which God is all in all to you, you will find that He cannot have a rival or an opposite.

Do you see that the metaphysical viewpoint of God is the most loyal one conceivable? Those who think of God as sharing His power with evil must come to the viewpoint of the metaphysician in order to recognize God as the one and only power in the universe.

Follow after that which is good.—*I Thess. 5:15.*

WEDNESDAY, OCTOBER 9

Today's Word of Power: I give up the habit of criticizing or condemning myself or others. Instead of finding fault, I find something to bless and to praise.



FAULTFINDING results from two causes. First, the faultfinder assumes that he has power to condemn or to criticize. He sets himself up as judge. He may even give the impression that he fancies that he is without fault. Second, he sets up a personal standard as to what man should be and expects others to conform to this standard. The very fact that he is in a critical attitude shows that his standard is not a safe one to follow.

There can be but one standard, one pattern, by which we can safely measure or judge either ourselves or others. But when we are able to perceive this standard we are unable to criticize or to condemn. If we would perceive man as perfect, we must give up all belief in imperfection. We must see this perfect man even though appearances are to the contrary. Our ability to keep this perfect pattern in mind is the passport by which we enter heaven.

When we criticize or condemn another we but betray the fact that we lack the power to behold God's man of perfection.

There is therefore now no condemnation to them that are in Christ Jesus.—*Rom. 8:1.*

THURSDAY, OCTOBER 10

Today's Word of Power: *I cease to look at imperfections; in the mirror of Truth I behold man, perfect and whole, created in the image and likeness of God.*

AS WE LOOK into the mirror of Spirit and Truth, the reflection is not one of imperfection. In Truth we can behold only perfection. God has not created a perfect man and also an imperfect one. Man alone can conceive of imperfection.

God meditated or reflected upon Himself and the result was perfect man. Thus man is a reflection of God. Looking into the mirror of Spirit, man beholds the perfect reflection back of what may appear to be imperfect.

We know a woman who cured herself of frowning by keeping a mirror before her on her desk. The mirror reminded her to look for a happy and smiling person. When she looked into her mirror with this in mind, there smiled back at her an image of joy and smiles. If we looked into the mirror of Spirit with such a purpose in mind, we should see there the image of joy, health, and perfection. We should see ourselves changed into something quite different from what we previously had supposed ourselves to be.

We all, with unveiled face beholding as in a mirror the glory of the Lord, are transformed into the same image from glory to glory.—*II Cor. 3:18.*

FRIDAY, OCTOBER 11

Today's Word of Power: *I behold the kingdom of heaven—the kingdom of peace, love, and health—as now manifest in my midst and myself as in the midst of it.*

YOUR DREAM of heaven comes true to the extent that you realize that it is actually manifesting in your midst. Do not think of heaven as something that belongs to some other time or place. The time element enters in only as you give time consideration in getting this clear realization. In Truth heaven is not limited to any special place or time, since, in Spirit, heaven is God's omnipresence.

What is heaven? It is the perfect manifestation of peace, love, and health. Do you wish to avoid hell, as an opposite to heaven? Then cease believing in inharmony, hate, or disease as having any place in your life. Hell is like a vacuum created when peace, love, and health are not realized.

Think of yourself as dwelling in the midst of heaven and you will discover that heaven is all around you. Think of heaven as in your very midst and you will find at the heart of your being the complete manifestation of peace, love, and health. You will discover that God is within you and that you are within Him.

The kingdom of the world is become the kingdom of our Lord, and of his Christ.—*Rev. 11:15.*

SATURDAY, OCTOBER 12

Today's Word of Power: I no longer think of myself or of my blessings as limited by the belief in time. Now is the only time. I live in the now, the time of fulfillment.

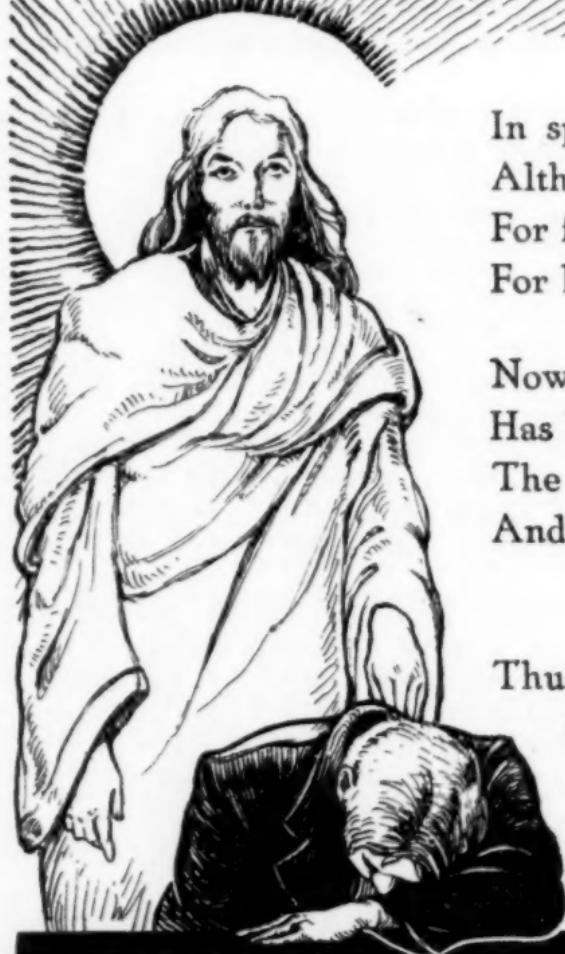
DO YOU think of your happiness as something intangible, something belonging to the future? Does it always seem to be just without your grasp, beyond your reach, always luring you on like a will-o'-the-wisp?

Remember that the future, as well as the past, belongs to the consciousness in which limitations have part. The eternal now belongs to the consciousness that gives no consideration to worldly limitations. The eternal now belongs to the consciousness in which all fulfillment takes place without regard to time. It is the time of Spirit, the time of demonstration.

Your demonstrations will be put off until tomorrow if it takes you until tomorrow to get into consciousness of the now. The belief in time is usually responsible for the delay. Some of the most advanced metaphysical workers give much consideration to steps and processes, thinking that Spirit works similarly to the forces of the material world.

Come; for all things are now ready.—Luke 14:17.

WHY FRIENDSHIP



In spite of all the whispering
Although the voice of malice
For friendship never sees
For back of friendship sti

Now he who has the kind
Has back of him sustaining
The Friend of Friends, e'er
And when the friend mos
hends.

Thus can we see why fri
For, oftentimes, the Fri
Right at outside in
For he who's our fri

SHIP MUST ENDURE

the whisperings, 'tis friendship that endures;
voic of malice speaks, still friendship lasts and cures;
never sees the faults or scandalous word repeats,
end hip still a heart of understanding beats.

as the kind of friend who always understands
m sustaining trust; the world is in his hands.
Friends, e'en Jesus Christ, is back of all such friends,
friend most understands, 'tis Christ who com-

ee why friendship lasts, why it must constant be,
time, the Friend of Friends must stand most valiantly
outside in trying times as one in friendship's name,
who's our friend-in-need and Christ are just the same.

SUNDAY, OCTOBER 13

Today's Word of Power: *I am the temple of the living God and His presence fills me with perfection and radiant health.*

HIF YOU are inclined to think of yourself as a storehouse for the ills of humanity you become identified with that which has no place in your real make-up. If, to you, your body is a composite of imperfection and disease, you will cause imperfection and disease to appear in it. You will become a temple of woes of the flesh and hardly be conscious of the presence of God—health.

In Truth you have never ceased to be unified with your Creator. Mentally and physically you are God expressing and manifesting Himself into visibility. Are you conscious of this mighty truth? If not, then that which you manifest as yourself may be far from whole and perfect.

When you know that you are God's temple, then you will desire supremely to keep that temple pure, lovely, whole, and perfect. You will guard it from sin and disease. You will not want to be responsible for the appearance of imperfection in the holy presence of God.

Keep your thought clean and holy and you will have no difficulty in keeping the temple clean.

Know ye not that ye are a temple of God, and that the Spirit of God dwelleth in you?—*I Cor. 3:16.*

MONDAY, OCTOBER 14

Today's Word of Power: *Henceforth I am governed solely by the Spirit of truth and I think, speak, and act according to Truth.*

WHAT IS Truth? More easily it could be defined as the indefinable. Since Truth is spiritual, ordinary language seems inadequate in attempting to define it. We seem instinctively to know what Truth is and words seem unnecessary to explain it.

Truth is the science of being. By understanding Truth man understands the spiritual nature of himself and of the universe. Through Truth he is unified with the higher mental and spiritual forces of the universe and is identified with the spiritual nature of all things.

What is the Truth consciousness? It is an awareness that only the absolute Truth about man and his world exists. In the Truth consciousness there is no place for falsehoods. Knowing the truth about life, we find that there is no place for beliefs contrary to Truth and life.

Knowledge of Truth is the means by which we unify ourselves with God within us and with all life. Truth is the eternal fact of universal unity.

Speak ye every man the truth with his neighbor
... let none of you devise evil in your hearts.
—Zech. 8:16, 17.

TUESDAY, OCTOBER 15

Today's Word of Power: The joy of the Lord relieves my heart of all sense of depression and I know that my mind, my body, and my world are filled with unchanging joy.

N ORDER that joy may be constant it must be founded upon something that does not change. If our joy be centered upon God—the real, the true, the eternal—then our joy will endure always. It will not be vacillating, affected by every little flurry in our affairs.

Our looking for joy in the external world is always a disappointment because our happiness and satisfaction must be found within us. There is only one person who can enjoy the world and that person is the one who has first found joy within himself. Having found joy there he finds it wherever he goes.

In the presence of spiritual joy—substantial, enduring, unchangeable joy—there can be no sorrow or depression.

The very center of your world must be located within you. The circumference may be far from the center and, indeed, it will become so as your outlook upon life is broadened; still, this center must be recognized and all things must rotate around it if you are to be joyful and happy.

Ye shall rejoice in all that ye put your hand unto.—*Deut. 12:7.*

WEDNESDAY, OCTOBER 16

Today's Word of Power: *The belief in inharmony cannot dominate me or my affairs. Only the peace of God can govern me, for peace alone comes from God.*

CEASE believing in inharmony. Better it is for you to think of inharmony as a void that is now being filled through your realization of Truth. Just as God is omnipresent, so must His peace fill all things and all space. Your world is filled with peace to the extent that you realize that the power and the peace of God extend everywhere.

Contacting the peace of God within your heart, you find the character and quality of spiritual peace. You discover the harmony of the spheres, the realms in higher consciousness in which God may be contacted and felt. Peace puts all warring thoughts to flight.

Discipline your thinking so as to keep in tune with the peace of Spirit. Harmonize your thought and your life to the inner peace that is unaffected by persons, things, and circumstances. Live close to God and you will always be peaceful and harmonious.

Living in God you are at peace with all the world, and the world takes on the character of profound peace.

Let the peace of Christ rule in your hearts.
—Col. 3:15.

THURSDAY, OCTOBER 17

Today's Word of Power: *I am not limited by self-imposed laws. I am under one law, the law of God—the law of freedom, life, and health.*

 **D**O YOU make laws for yourself? Do you tell yourself that you will reap disaster if you scatter adverse words, that you will be ill if you do certain things, that you will fail if you do not do other things? You can see that a lawmaker becomes subject to his own laws and decisions.

Have you not dreamed of a Utopia in which there were no laws, no rules, no prohibitions to limit your expression? Do you know that, if you would be free from the laws that you make for yourself, you would find yourself in such an Eden? Give up the habit of telling yourself that you cannot do things, that you will have disaster if you do, that something stands between you and your ideal or goal.

The law of Spirit, the principle of God, the working of the one Cause, sets you free from all belief in limitation, from all limiting laws. The law of God is the law of perfect freedom. God's law is the principle of an abundant life, unhampered by beliefs in limitation, failure, or bondage.

He that looketh into the perfect law, the *law* of liberty . . . this man shall be blessed in his doing.—*James 1:25.*

FRIDAY, OCTOBER 18

Today's Word of Power: *Into my work I put myself, the Spirit of joy and success within me, and in all that I do I behold the successful work of the Spirit of God.*

 HOW CAN we best dignify our work, even though at the time it may seem to be insignificant? What should be our attitude toward our part in the great universal plan? Only this: that our work is the expression of ourselves. If we would have our associates think well of us, if we would have a high opinion of ourselves and of our efforts, we must place the best there is within us in what we do.

You are placed in your present position in order to demonstrate what you can do. Do not think of your work as too insignificant to merit your attention. This attitude would simply show that you have an insignificant opinion of yourself and of what you can do. The most insignificant position can be transformed into a better one by the person who puts Spirit into it. What is the secret? The ability to put the best that is within you, the very Spirit of God, into what you do.

If you are not satisfied with your work, grow out of it through mastering it.

Know them that labor among you . . . esteem them exceeding highly in love for their work's sake.—*I Thess. 5:12, 13.*

SATURDAY, OCTOBER 19

Today's Word of Power: *God in the midst of me is mighty to quicken and to illumine.*

This statement is the Silent Unity illumination word to be used from October 20 to November 19.

HAVE YOU discovered that God is your Spirit of light and wisdom? Do you know that you have within yourself the power to understand and to know all that you need to understand and to know? Then you have discovered that God in your very midst is mighty to inspire and to illumine you.

Give up all belief that there are any circumstances in your life that bind you to ignorance. Do not think of your mind as incapable of grasping Truth.

When you are illumined, when you grasp the Truth, when you are conscious of any inner knowing, you are aware of the presence of God within you. You, the son of God, are conscious of the light of your Father, illuminating your path and directing you into your highest good. You feel an inner quickening and, at the same time, you know that all ignorance has dropped away from you and that you are at one with spiritual light. The light of God becomes your own radiant light.

While ye have the light, believe on the light, that ye may become sons of light.—*John 12:36.*

SUNDAY, OCTOBER 20

Today's Word of Power: Through the power of God in Christ Jesus, I am saved from sin, sickness, and death.

This statement is the Silent Unity healing word to be used from October 20 to November 19.

YOUR BELIEF in sin, disease, and death must yield to the Christ Truth about these. You must let the power of Christ within you eradicate from your mind all belief that these can have power over you. Sin has no power when the truth that Spirit is all power is understood and demonstrated. Disease and death have no power when you perceive the truth that the perfection and the life of God have all power in your life.

You seemingly reduce the power of God when you believe that anything unlike God, opposed to Him, can have power. Eventually you must give up the belief in adverse powers and yield your every thought to the truth that God in Christ Jesus is all in all in your life. Ultimately you will understand and manifest the absolute truth about your being and your health. You will find that a most compelling force within you will cause you to cease thinking thoughts contrary to your well-being.

He sendeth his word, and healeth them,
And delivereth *them* from their destructions.
—*Psalms 107:20.*

MONDAY, OCTOBER 21

Today's Word of Power: Through the power of God in Christ Jesus I am saved from the thought of lack, and I am made rich in all my affairs.

This statement is the Silent Unity prosperity word to be used from October 20 to November 19.

 HE POWER of God which was mighty to create you is also able to sustain you through life. You can readily see that to create you and to leave you in the world without food, clothing, necessities, and comforts would be contrary to divine law. "Jehovah thy God, he it is that doth go with thee; he will not fail thee, nor forsake thee."

What do you need today? A railroad ticket, a payment on your home, money to pay some bills? Remember that the power of Christ to deliver you from lack and need is not decreased even though you may have magnified the stringency of your financial situation. Your belief in lack must no longer be a barrier to the coming of supply to you.

But does God supply temporal needs? He brought you into a world where you have temporal needs, did He not? Trust Him to bring you relief and supply, never doubting or questioning where He will get them for you.

He will have pity on the poor and needy,
And the souls of the needy he will save.

—*Psalms 72:13.*

TUESDAY, OCTOBER 22

Today's Word of Power: I am relieved of all restlessness and impatience, because I am poised in the perfect patience of Christ.

 HE REMEDY for impatience lies in getting the right perspective of things and conditions. If we think of outer conditions as entirely without our control, then we give them power over us. Either through the Spirit of Christ within us we are master over things of the external world, or else they master Spirit within us. Impatience comes because we are uncertain about the outcome of events. We become restless in wanting something to happen, in looking for some outside power to intervene and to assist the all-powerfulness of God.

The very nature of impatience seems to reveal the fallacies of impatience to the student of Truth. Impatience is built upon false values, falsities not based in eternal values and verities. Impatience betrays a lack of trust and understanding. It shows a lack of faith and poise—the poise which comes from a certain and definite inner knowing that all is well.

The person who has supreme faith in God knows that good is coming to pass regardless of appearances. He does not question how or when a relief or solution will come.

In your self-control [supply] patience; and in your patience godliness.—II Pet. 1:6.

WEDNESDAY, OCTOBER 23

Today's Word of Power: *Within me is that which is mightier than all things of the world. Christ abides within me.*



THE DIVINE spark within us, the power that joins us with all the power of God, the light of Spirit that causes us to know that all things of the world are within our control, is the Christ. If you think of Christ as without you, as separated from you, then you must think of yourself as lacking Spirit, as being material, as affected by things external.

Christ within us identifies us with the very peace, power, and eternal life of God. Our being conscious of this presence, our unifying ourselves with it, causes us to partake of His peace, power, and life. We can see that we must identify ourselves with God, must realize our spiritual nature and power, or else must admit that we are separated from the deeper things of God.

As we rise to the consciousness of the allness of God and Christ, we perceive the nothingness of all beliefs contrary to Truth. If Christ is all there is to us, then there can be no adverse situations in our lives. We must know that there can be no more than all, nothing more than the allness of Christ, the omnipresence of Spirit.

Christ is all, and in all.—Col. 3:11.

THURSDAY, OCTOBER 24

Today's Word of Power: *My supreme faith in God, in myself, and in my fellow man exalts me above every doubtful and distrustful belief. I have unwavering faith.*

WHAT WOULD the world be without faith? What would your life become without faith in God, in yourself, and in others? Living without faith would be hard to contemplate. Yet there are many who find difficulty in rising out of doubt, suspicion, unbelief, and distrust.

How the world will be transformed when all persons everywhere have given up faith in the power of evil and disbelief in God! That transformation is taking place rapidly, because even the most hardened doubters are yielding to Truth.

If you should happen to be one who believes that the world is becoming worse, try to reverse your thought. Instead of having faith in the powers of darkness, behold the light of Truth now dawning in the minds and hearts of men everywhere. Decrease the seeming power of evil by increasing your faith in God. If in doubt, always give good the benefit of your wavering belief. God, the good, is sure to win out in any seeming war between good and evil.

Great is thy faith: be it done unto thee even as thou wilt.—*Matt. 15:28.*

FRIDAY, OCTOBER 25

Today's Word of Power: I am willing to give up every limited and evil thought in order to think thoughts of God, thoughts of Truth—thoughts of peace, joy, health, success, and mastery.

UR THOUGHTS identify us either with adverse situations or else with heaven. The practical Christian is concerned with correcting his thinking because he knows that only by thinking Godward can he become conscious of unity with God.

Conversion is a matter of changing the mind. The confirmed sinner who becomes converted has a change of mind and of heart. He ceases to think sinward and thinks Godward. There could be no true conversion without a change in thought.

We give up carnal-mindedness and become spiritually minded when we see the nothingness of the thoughts that make up the carnal mind or mortal mind. The true thoughts of Spirit may be considered as counterfeited by the untrue thoughts of mortal-mindedness. Consequently metaphysicians make the absolute statement that mortal mind is nothing, since its thoughts are not founded upon Truth.

Whatsoever things are true . . . honorable . . . just . . . pure . . . lovely . . . of good report . . . think on these things. . . . and the God of peace shall be with you.—*Phil. 4:8, 9.*

SATURDAY, OCTOBER 26

Today's Word of Power: I recognize the universal unity in which I am one with God—one with all life, all good, and all supply.

WHEN YOU fall into a condition of lack —lacking peace, health, or prosperity —you are in a condition in which you feel that you are separated from your good. The longer you remain in such a consciousness the more firmly you become fixed in a belief in separation.

When you become aware of your oneness with God as peace, health, and plenty, you find that these blessings appear in your world. Your consciousness of unity has served to unite you with the things of God. In Truth these have always existed for you, but your belief in separation has separated you from them and has hidden them from you.

The person who believes in cliques, factions, and divisions usually separates himself from all but the few.

Universal oneness is the basis of all existence, and as we turn from any sense of being self-centered or from any tendency to give ourselves to factions, we discover the oneness back of all life. We find that God, the One, is the meeting ground of those who are separated by diverging beliefs.

Ye all are one man in Christ Jesus.—*Gal. 3:28.*

SUNDAY, OCTOBER 27

Today's Word of Power: *Feeling health filling every part of my physical organism, I rejoice to express health in all my ways.*

WHEN YOU have gained a consciousness of health and have become alert and healthy, seek to express health. Do not attempt to suppress the feeling of health that you have. Do not clamp down upon the ever increasing health that is manifesting in your body.

How shall you express health? Should you exercise? If so, in what way? To what extent? These are personal questions and individual problems. No one can answer them for you. It is necessary for you to find the kind of exercise most suitable for you. Of course, you will not want to deprive your body of the joy that comes from the sunshine and the spirit of play. Of course, you will not want to huddle in a dark corner and think of bodily exercise as ungodly and the work of the devil. You can be healthy and still be a Christian but you cannot be unhealthy and feel that you are a very good Christian.

Do not exercise because of a belief that you must do so to be healthy but because you are so healthy that you just must exercise, you just must express the freedom of health.

Bodily exercise is profitable for a little.—*I Tim. 4:8.*

MONDAY, OCTOBER 28

Today's Word of Power: The life of God—the antithesis of disease and death—now comes forth in my body as bountiful life, and I am eternally alive.

DO YOU think of life as something that can be defeated by disease or death? Is life something eternal and unchangeable, something founded upon the eternity of God? Do you believe that any power can oppose God as life?

If man had always known the truth about life and had lived accordingly, the belief in disease and death would never have entered into the world. If man had always been conscious of his oneness with all life, with the very being of God, he would not have gone the way of disease and death.

Those who are Christians must believe in Christ, eternal life. They must believe in health and must demonstrate it in their lives. They must prove that they have abolished the anti-Christian belief in disease and death and have accepted the Christian teaching of life and immortality.

The life of God is our life and we cannot lack life as long as we keep ourselves unified with God.

Our Saviour Christ Jesus, who abolished death, and brought life and immortality to light.—*II Tim. 1:10.*

TUESDAY, OCTOBER 29

Today's Word of Power: *God is my protector and defense. His presence surrounds and infolds me.*



THE PRESENCE of God is like a tower of defense. In this presence you cannot be molested or injured. No person or thing can harm you when you know that you exist in God. No evil can come into your presence, the presence of Spirit.

Your consciousness of Truth is a protection against every malice that comes from believing in evil. Always remember that evil exists for you only as a belief. When the substance of your thought is removed from the belief in evil, the belief dies. When you realize that there is no truth in a belief, the belief ceases to live. When you perceive that evil is a mistaken belief, it disappears before the truth concerning it.

Do not think of God as protecting you from something. The Truth of God protects you from ignorance. The Truth about the nothingness and powerlessness of the thing that you fear is a strong defense against your belief in it.

God, the reality of Being, protects you from that which you have believed to be real, that which is now disappearing before your consciousness that God, the one Reality, is all in all.

**Jehovah is on my side; I will not fear:
What can man do unto me?**

—*Psalms 118:6.*

WEDNESDAY, OCTOBER 30

Today's Word of Power: I rest and relax from all tension and strain, because in the presence of God I have perfect rest.

STUDENTS of practical Christianity are taught how to relax. They are taught to practice the silence regularly, to enter the quiet presence of God, wherein there can be no strain or tension. Such a practice makes for peaceful and quiet minds and bodies.

The tension and the strain that come from giving thought to things of the world are relieved when the attention is centered within. The strain brought about by worrying over personalities ceases to exist when we know that God is divine being, in us all and through us all. With our thought centered upon the divine person in those that we would be inclined to worry about, we are relieved of all strain about personalities.

Relaxation is a normal state. Man, knowing himself to be the Son of God, naturally falls into a state of peace and rest. He relaxes in the consciousness of his sonship.

Feel the peace and quiet of God pervading your mind and body, and do not let any thought about persons or things cause you to forfeit your peace.

My presence shall go with thee, and I will give thee rest.—Exod. 33:14.

THURSDAY, OCTOBER 31

Today's Word of Power: *Each day I am renewed in the ever renewing Spirit of Christ within me, and I live in a new world.*



EW VIEWPOINTS and fresh ideas will keep you youthful and renewed. Let each morning introduce you to new visions, new surprises, new blessings. Look upon each day as bringing you into new privileges and opportunities.

Your mind can be renewed and refreshed by thinking new ideas. Seek to gain new viewpoints and to see yourself and your world from new angles. This will help you to keep your outlook upon life stimulated and refreshed.

Your new ideas will be objectified in your mind, body, and environment. The newness and vitality of the mind of Christ at the center of your being will extend to the outermost bounds of your existence. Every crystallized idea will be transformed by the newness of your Christ mind.

Learn to see all those in your world from this standpoint of the new vision. See them as becoming renewed. See the spirit of newness as giving them a fresh outlook upon life.

In Spirit and in Truth all belief in age must give place to the truth that all things are eternally new.

Jehovah's lovingkindnesses . . . are new every morning.—*Lam. 3:22, 23.*

OMNIPRESENCE

I find God in the quietness,
I miss Him in the noise;
I never see Him in the frowns,
He smiles at me in joys;
I know that He is not in death
For He is life's rare wine,
And He is not apart from me
But is right here as mine.

I know He's in the peace profound,
Not in the battle's roar;
I know He never ceased to live,
But lives forevermore;
He never shows Himself in hate,
This Champion of love,
And though I drop my eyes to earth
I'm sure to look above.

My God is omnipresent, true,
In Truth He's everywhere;
Why is He not in fear and hate
And noise, disease, and care?
Because these things are not of God;
Fictitious they must be,
For God, my omnipresent good,
Is just Reality.

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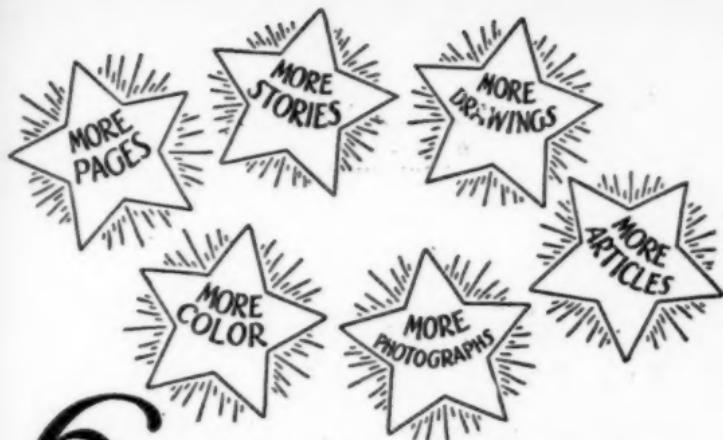
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